



ALONG THE WAY

River Valley Martial Arts Newsletter
November, 2010



WORDS OF WISDOM

"A friend is always loyal, and a brother is born to help in time of need."
Proverbs 17:17 NLT

This month, we examine the character trait of Loyalty. Being committed to others and fulfilling our obligations is an essential character trait that should be cultivated in the lives of the martial artist. This month we examine why being loyal and reliable is so important, and how it benefits ourselves and others.

Kyle Bennett
Instructor

John Terry
Instructor

THEME OF THE MONTH

Loyalty: Being committed to others, even in difficult times.

(Loyalty vs. Unreliability)

1. Faithful to those in authority
2. Faithful to your word / commitments
3. Faithful to a person or a cause
4. Faithful to your obligations and duties

Why is it Important to be Loyal?

"Now that Saul is dead, I ask you to be my strong and loyal subjects..."
2 Samuel 2:7 NLT

"All the officials, the warriors and the sons of King David pledged their loyalty to King Solomon."
1 Chronicles 29:24 NLT

"A friend is always loyal, and a brother is born to help in time of need."
Proverbs 17:17 NLT

"Loyalty makes a person attractive. It is better to be poor than dishonest."
Proverbs 19:22 NLT

IMAC FALL TOURNAMENT-NOVEMBER 6



The IMAC Fall "Battle to be the Best" Tournament will be held on Saturday, November 6, 2010 in Fayetteville AR.

Competition in forms, fighting, self-defense and creative (musical) forms will be offered, with divisions based on age and rank. Trophies will be offered for 1st, 2nd and 3rd place, with a medal going to 4th.

Poster and registration information will be posted at the Dojo, and we hope for a good representation at this tournament. We are an IMAC-Member school, and this is our organization's fall tournament...so we appreciate your support of this event.

If you have questions about the tournament, please talk with your instructor.

NOV 6: ARKANSAS BJJ TOURNAMENT



Solid Rock MMA will be one of the schools participating in the 2010 Arkansas BJJ Championship on Saturday, November 6.

The competition is "Gi-Only", with divisions based on age, rank and weight. Highest point total or submission advances.

Registration is online, and can be accessed via the Solid Rock MMA website. Participants must wear a Jiu-Jitsu or Judo Gi (Karate Gi's are not permitted). Men are not permitted to wear a T-shirt or rash guard under their Gi top, and no protective cups are permitted in competition (as they can give an unfair advantage in certain techniques).

CLARKSVILLE TESTING-NOVEMBER 12



The next scheduled testing for Clarksville students is Friday, November 12. Students will be testing both in Karate and JuJitsu.

Testing will begin at 6:00pm and is expected to last about 2 to 2-1/2 hours. Fees for testing will need to be paid prior to the test, and can be prepaid (or collected on the day of testing).

If you have questions about your testing requirements, please talk with your instructor.

RUSSELLVILLE TESTING-NOVEMBER 19



The next scheduled testing for Russellville students is Friday, November 19. Students will be testing both in Karate and Combative JuJitsu.

Testing will begin at 6:00pm and is expected to last about 2 to 2-1/2 hours. Fees for testing will need to be paid prior to the test, and can be prepaid (or collected on the day of testing).

If you have questions about testing, please see an instructor.

RVMA CHRISTMAS PARTY

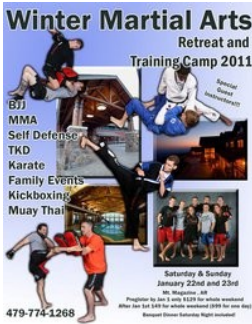


We are making plans now for our school's annual Christmas party. We have tentatively set Friday, December 10 as the date for the Russellville party, to be held once again at The Journey.

Volunteers to help with set-up and planning are needed.

The date for the Clarksville party (our first since taking over the school) has yet to be set, and we welcome any input or help from Clarksville parents in putting this event together. Details to follow...so stay tuned, and watch the White Board for updates.

Winter Martial Arts Retreat : January 22-23, 2011 (Mt. Magazine, AR)



This 2-day martial arts retreat will feature 2 days of training, with several guest instructors covering MMA, Kickboxing, BJJ, Muay Thai, TKD, Karate, Self Defense and more!!! The beautiful location atop Mt. Magazine will also allow for fun family and couples activities. The lodge at Mt. Magazine is incredible, and it is a great time of the year to enjoy a cozy get-a-way.

Pre-register by Jan 1 and get whole weekend for only \$129.00. Registrations received after January 1, 2011 will cost \$149.00. Event & training activities are geared around a teen/adult audience.

Hotel rooms at the Mt. Magazine Lodge can be booked at the following rates:

\$95.00/Night (Inside) \$105.00/Night (Balcony) Mt. Magazine Lodge: (479) 963-8502
Each room has two queen beds, so up to four people can share a room.

Book your hotel today and once we hit 20 reservations, everyone get's an automatic 10 percent off of their room rates, making your stay atop Arkansas' tallest mountain even better.

A special banquet dinner on Saturday night is included in training camp price. Meal tickets for spouses, guests, and/or other family members will need to be bought separately (\$20 per person).

Be ready for a great training camp on the tallest mountain in Arkansas!!!

NATIONAL TRAINING CAMP : JULY 21-23, 2011 (CROWNE PLAZA - ADDINGTON TX)

2011 National Training Camp



2011 United States Martial Arts Hall of Fame Induction Ceremony

Make plans now to attend the 2011 National Training Camp, to be held from Thursday, July 21 through Saturday, July 23 at the Crowne Plaza Hotel in Addington (North Dallas) TX. Centrally located near many of the major tourist attractions in the Dallas Metroplex, some of the world's top instructors will be teaching a variety of open hand and weapons workshops, providing a unique opportunity to train with the "best of the best".

So how much do I need to start saving to attend the National Training Camp next year?

Camp Cost: \$150 Hotel: \$90/Night (4 Nights) Hall of Fame Banquet: \$60

Rooms at the Downtown Sheraton have 2 double beds, plus a pull-out sofa, so up to 4 people can sleep in a room. Assuming 4 people to a room, here is how the costs break down:

\$150.00	Camp Participation Fee
\$100.00	Hotel (4 Nights, 4 People to a Room, Inc. Est. Tax)
\$ 60.00	Hall of Fame Banquet (Black Tie Affair)
\$310.00	Estimated Total Cost (Does not include fuel or food cost)

Start making your plans now to attend. We are working on getting discounted tickets to some of the nearby Dallas Metro attraction, making this a unique opportunity for the entire family. There are several local restaurants nearby, and many who attend the venue pack snacks, fruit and drinks. You're just a few minutes from Six Flags, Wild River Country, the Dallas Zoo and other family-friendly, quality attractions. We expect this to be one of the largest gatherings of martial artists in the history of IMAC.

River Valley Martial Arts

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International Karate Association

RIVER VALLEY MARTIAL ARTS (RUSSELLVILLE) - NOVEMBER CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6 IMAC Fall Tourney Fayetteville AR
7	8 5:30 Kick'n Kids (A) 6:00 Adults (A) 7:00 Combative JuJitsu 8:00 Women-Safe	9 5:00 Lil Dragons 5:30 Kick'n Kids 1 6:00 Kick'n Kids 2 7:00 Adults (B) 8:00 JuJitsu - BJJ	10	11 5:00 Lil Dragons 5:30 Kick'n Kids 1 6:00 Kick'n Kids 2 7:00 Adult Karate 8:00 JuJitsu - BJJ	12 RVMA Testing (Clarksville)	13
14	15 5:30 Kick'n Kids (A) 6:00 Adults (A) 7:00 Combative JuJitsu 8:00 Women-Safe	16 5:00 Lil Dragons 5:30 Kick'n Kids 1 6:00 Kick'n Kids 2 7:00 Adults (B) 8:00 JuJitsu - BJJ	17	18 5:00 Lil Dragons 5:30 Kick'n Kids 1 6:00 Kick'n Kids 2 7:00 Adult Karate 8:00 JuJitsu - BJJ	19 RVMA Testing (Russellville)	20
21	22 5:30 Kick'n Kids (A) 6:00 Adults (A) 7:00 Combative JuJitsu 8:00 Women-Safe	23 5:00 Lil Dragons 5:30 Kick'n Kids 1 6:00 Kick'n Kids 2 7:00 Adults (B) 8:00 JuJitsu - BJJ	24	25 THANKSGIVING BREAK	26	27
28	29 5:30 Kick'n Kids (A) 6:00 Adults (A) 7:00 Combative JuJitsu 8:00 Women-Safe	30 5:00 Lil Dragons 5:30 Kick'n Kids 1 6:00 Kick'n Kids 2 7:00 Adults (B) 8:00 JuJitsu - BJJ				

RIVER VALLEY MARTIAL ARTS (CLARKSVILLE) - NOVEMBER CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6 IMAC Fall Tourney Fayetteville AR AR BJJ Tourney
7		9 5:30 Lil Dragons 6:00 Kick'n Kids 2 7:00 Teens/Adults	10	11 5:30 Lil Dragons 6:00 Kick'n Kids 2 7:00 Teens/Adults	12 RVMA Testing (Clarksville)	13
14		16 5:30 Lil Dragons 6:00 Kick'n Kids 2 7:00 Teens/Adults	17	18 5:30 Lil Dragons 6:00 Kick'n Kids 2 7:00 Teens/Adults	19 RVMA Testing (Russellville)	20
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28		30 5:30 Lil Dragons 6:00 Kick'n Kids 2 7:00 Teens/Adults				

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5 5:30 Women's Kickboxing	6 AR BJJ Champ Little Rock
7 2:00 Fight Team	8 7:00 No-Gi 8:00 Kickboxing	9 8:00 Brazilian Jiu-Jitsu	10 7:00 No-Gi 8:00 Kickboxing	11 8:00 Brazilian Jiu-Jitsu	12 5:30 Women's Kickboxing	13
14 2:00 Fight Team	15 7:00 No-Gi 8:00 Kickboxing	16 8:00 Brazilian Jiu-Jitsu	17 7:00 No-Gi 8:00 Kickboxing	18 8:00 Brazilian Jiu-Jitsu	19 5:30 Women's Kickboxing	20
21 2:00 Fight Team	22 7:00 No-Gi 8:00 Kickboxing	23 8:00 Brazilian Jiu-Jitsu	24 7:00 No-Gi 8:00 Kickboxing	25 THANKSGIVING BREAK	26 THANKSGIVING BREAK	27
28 2:00 Fight Team	29 7:00 No-Gi 8:00 Kickboxing	30 8:00 JuJitsu - BJJ				

RVMA PRODUCT SPECIALS



Christmas is just around the corner, and we've partnered with Century Martial Arts to offer some incredible deals just in time for the Holidays. We'll be handing out our annual Martial Arts Holiday Gift Guide early in November, and you'll see some posters up at the dojo to highlight some of the special deals we've put together.

Some of the specials are featured in this month's newsletter. Other specials will be featured on the Whiteboard.



Student Sparring Gear Gift Set

- Student Headgear
- Student Gloves
- Student Hi-Top Boots
- Single Mouthpiece w/Case
- Black Mesh Tote Bag

\$99.99 + Tax



Kid Kick Gift Set

- Kid Kick Wavemaster
- Kid Kick Shield
- Youth Wrist Wrap Boxing Gloves
- Kid Kick Combo DVD

\$149.99 + Tax

GIVE A GIFT OF MARTIAL ARTS THIS CHRISTMAS

Give a friend or family member (or yourself) the gift of martial arts training as a special Christmas gift.

\$99.00 for 6 Weeks
Includes a FREE Uniform

We'll provide you with an attractive Gift Certificate, along with a uniform (karate or jiu-jitsu), to present to that special someone. This gift certificate can be used for any of the classes we offer during their 6-weeks of training.

This offer is for new students only, and may not be used with any other discount or special offer.

This special offer ends December 31, 2010

The Healing Power of Probiotics Impresses Researchers

<http://articles.mercola.com/sites/articles/archive/2010/10/11/probiotics-healing-power-impresses-researchers.aspx>



A breakthrough study has revealed for the first time that probiotic bacteria appear to affect gene activity and cellular reactions in the human intestine.

According to NUTRAingredients.com:

“Consumption of a dairy drink containing three strains of probiotic bacteria was associated with changes in the activity of hundreds of genes, with the changes resembling the effects of certain medicines in the human body, including medicines that positively influence the immune system and those for lowering blood pressure.”

“Probiotics cause a local reaction in the mucosa of the small intestines,” said Prof Michiel Kleerebezem of NIZO food research. “These effects are similar to the effects of components that the pharmaceutical industry applies to medicines, but less strong.”

Probiotics are friendly bacteria that help your body to thrive on multiple levels. In Greek, the term means “for life,” and the myriad of research surrounding these healthful microorganisms suggests that they are, in fact, an integral part of your well-being.

Far from simply helping your body to better digest and assimilate your food (which they do very well), probiotics influence the activity of hundreds of your genes, helping them to express in a positive, disease-fighting manner.

Among the many probiotic effects uncovered by this latest study were changes that positively influence your immune system and help lower blood pressure. In fact, the researchers noted that probiotics lead to changes similar to those sought after by the pharmaceutical industry, yet with probiotics there are no negative side effects whatsoever.

Probiotics Positively Influence Your Genes

One of the most cutting-edge fields of medicine is epigenetics, which has shown that your lifestyle plays a significant role in how your genes are expressed. The widely accepted dogma that your genes control your health destiny is now being completely uprooted, as your genetic code is not set in stone. Rather it is constantly changing based on factors like your diet and stress levels.

For instance, eating broccoli and other cruciferous vegetables, garlic and onions helps to activate tumor suppressor genes that fight cancer. Likewise, researchers revealed that drinking a probiotic-rich beverage influenced the activity of hundreds of your genes in a positive manner. To put it simply, the more dietary and lifestyle habits you engage in that positively influence your genetic expression, the more protection you’ll naturally receive against a host of chronic illnesses.

Epigenetic therapy, which is essentially the curing of disease by epigenetic manipulation, involves changing the instructions to your cells -- reactivating desirable genes and deactivating undesirable ones. This emerging field, now in its infancy, may represent the future of medicine. But you can start to take advantage of it now by incorporating probiotics and other foods into your diet that help support healthful genetic expression.

Did You Know You Can Get Probiotics from Foods?

Probiotic supplements are widely available, and if you choose a high-quality version are very effective in helping to “reseed” your intestinal tract with good bacteria. Though I rarely recommend taking supplements on a regular basis, a high-quality probiotic is one of my exceptions. In fact, it’s the one supplement recommended to all new patients in my clinic.

That said, way before the invention of the probiotic supplement cultures were benefiting from probiotics by way of cultured, or fermented, foods. Cultured foods like [yogurt](#), some cheeses, and sauerkraut are good sources of natural, healthy bacteria, provided they are not pasteurized. And [fermented foods](#), such as [natto](#), can give your body the similar benefits of consuming a whole bottle of good bacteria, at a fraction of the cost.

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One of the best and least expensive ways to get healthy bacteria through your diet is to obtain raw milk and convert it to kefir, which is really easy to make at home. All you need is one half packet of kefir start granules in a quart of raw milk, which you leave at room temperature overnight. By the time you wake up in the morning you will likely have kefir. If it hasn't obtained the consistency of yogurt you might want to set it out a bit longer and then store it in the fridge.

A quart of kefir has far more active bacteria than you can possibly purchase in any probiotics supplement, and it is very economical as you can reuse the kefir from the original quart of milk about 10 times before you need to start a new culture pack. Just one starter package of kefir granules can convert about 50 gallons of milk to kefir.

This is a far healthier, and far more economical, way to nourish your body with probiotics than buying any of the commercial probiotic beverages on the market. These typically contain added sugars and are made using pasteurized milk, which I don't recommend drinking.

Cultured foods should be a regular part of your diet, and if you eat them enough you will keep your digestive tract well supplied with good bacteria. There may still be times when a probiotic supplement is necessary, such as when you stray from your healthy diet and consume excess grains or sugar, if you have to take antibiotics, when traveling to foreign countries or when eating at suspicious restaurants.

I've also found that using a high-quality probiotic every 30-60 days will typically help maintain a well-functioning digestive system. But use the supplement as it's intended -- as a "supplement" to, not a replacement for, cultured foods.

Probiotics Provide Whole-Body Benefits

The latest research on probiotics' influence on your genes only serves to further support their role in your overall health.

For instance, beneficial bacteria have a lifelong, powerful effect on your gut's immune system and your systemic immune system as well. The bacteria play a crucial role in the development and operation of the mucosal immune system in your digestive tract. They also aid in the production of antibodies to pathogens.

Friendly bacteria train your immune system to distinguish between pathogens and non-harmful antigens, and to respond appropriately. This important function prevents your immune system from overreacting to non-harmful antigens, which is the genesis of allergies.

Probiotics can even help to normalize your weight. One study found that obese people were able to reduce their abdominal fat by nearly 5 percent, and their subcutaneous fat by over 3 percent, just by drinking a probiotic-rich fermented milk beverage for 12 weeks.

As you can see, probiotics perform a wide variety of functions, which renders them useful and beneficial for a number of health concerns, some of which are still being uncovered. And because adding probiotics to your diet is so easy, by way of cultured foods and/or supplements, it's one step I highly encourage you to take on your journey to optimal health.

Upcoming Events

2010 Events

- November 6: IMAC Tournament, Fayetteville AR
- November 6: AR BJJ Tournament, Little Rock AR
- November 12: Testing (Clarksville)
- November 19: Testing (Russellville)
- December 10: Russellville Christmas Party (The Journey)
- December TBA: Clarksville Christmas Party

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